

ST. FRANCIS XAVIER CATHOLIC HIGH SCHOOL

REGISTRATION
HANDBOOK
2025 | 2026





AP & ACADEMIES OPEN HOUSE: Wednesday, FEBRUARY 5, 2025 @ 6:30PM

GENERAL OPEN HOUSE: Wednesday, FEBRUARY 19, 2025 @ 6:30PM



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ABOUT FX



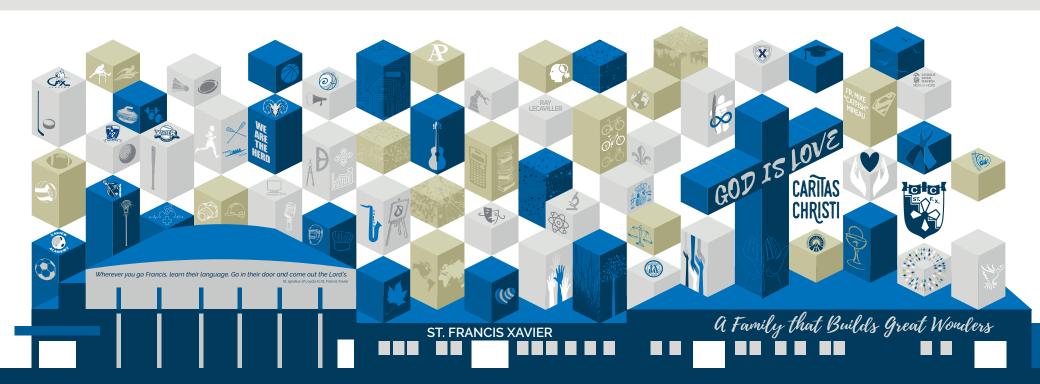
SCHOOL VISION

A Family that Builds Great Wonders

Founded in 1959, St. Francis Xavier High School is steeped in tradition. "Caritas Christi", or the Love of Christ, has been our school motto since those early days and forms the foundation of the philosophy that we strive to live every day. It involves mutual trust and respect, and the acceptance of responsibility for our actions. St. Francis Xavier strives to provide an environment in which each student can develop his/her spiritual, intellectual, physical, and emotional potential.

Your high school experience is what you make of it, so make sure to take advantage of all the opportunities available to you.

FX has over 28 sports teams as well as many clubs. You can go from playing on the Football Team to participating in Drama Club, or from training and competing in volleyball to fund raising for local charities. FX has something for everyone. For a full list of activities, please visit www.stfx.com, and take time to explore all that FX has to offer.



The St. Francis Xavier school community is extremely fortunate to have a full time school chaplain. Throughout the year, we will take part in Masses or Liturgies of the Word to keep our school centered in Christ and His teachings. In addition, the Chaplain is a wonderful resource for discussions about faith and the Church. Mr. Stephens, our Chaplain, works with staff and students to coordinate social justice activities and field trips that reflect this.

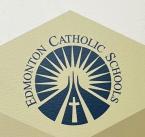


CHAPLAIN'S CORNER



MESSAGE FROM THE PRINCIPAL

CARIJAS
CHRISTI





Dear St. Francis Xavier Catholic High School Community,

As we step into the 2025-26 school year, I am thrilled to welcome back our returning students, families, and staff—and to extend an especially warm embrace to the newest members of our FX RAM FAM (Family). Whether you've been with us for years or are joining us for the first time, you are an essential part of the vibrant community that makes St. Francis Xavier Catholic High School truly special.

Rooted in our timeless motto, Caritas Christi—the Love of Christ—we remain dedicated to nurturing an environment where faith, belonging, and excellence flourish. This guiding principle inspires every aspect of our school, shaping a culture of compassion, service, and academic achievement.

As Principal, it is my privilege to lead this exceptional community for a second year, and I am excited to build on the relationships and successes of the past while embracing the possibilities ahead. Together, we will continue to create a space where students can grow spiritually, intellectually, and personally, empowered to meet challenges with confidence and resilience.

To our new students: welcome! Your energy and perspectives enrich our school, and we are so excited to see you make your mark on the traditions and legacy of St. Francis Xavier. Embrace this chapter with enthusiasm, knowing that you are joining a community rooted in support, belonging, and a shared pursuit of excellence.

To our returning students, staff, and families: welcome back! You are the heartbeat of our school. As we continue to grow and achieve together, let us embrace the opportunities before us and strive to make this year even more impactful than the last.

This school year promises exciting moments in academics, advanced placement, fine arts, athletics, and our specialized academies, as well as opportunities to deepen our faith and forge lasting connections. Let's approach this year with curiosity, determination, and joy, ready to leave our mark and live out the values of Caritas Christi in all that we do.

Here's to a remarkable year ahead, filled with friendship, growth, and memorable experiences. Together, let's make 2025-26 unforgettable!

In Caritas Christi,

Fernando Runco
Principal, St. Francis Xavier Catholic High School

XAVIER UNION

Xavier Union is a fun student council! The XU is a phenomenal way for students to get involved with the school community. Members of XU are directly responsible for shaping the culture of the high school through the planning of social events, school activities and social initiatives. There are many activities throughout the year that the students of XU help set up and coordinate. Over the years XU has raised an exorbitant amount of money through fundraisers such as Movember, Battle at the Bill and the Bike-a-Thon. We work hard, play hard, and bring up the school spirit. Anyone can be involved with Xavier Union. Elections for President and Vice President are held every spring. We hope to see you out next year at our meetings!





St. Francis Xavier Day is a day of faith, fun, and feasting to celebrate the school's patron saint. It has been a tradition since St. Francis Xavier was chosen as the school's patron saint in 1958 and was celebrated as the official opening day of the school in 1959. This day continues to be a large part of the school's identity.

The day always begins with a Eucharistic celebration at Annunciation Church and is followed by a variety of activities and a full turkey lunch prepared and served by the school staff and student volunteers. Charity and volunteering are at the heart of the day, as proceeds from the turkey lunch are donated and any leftover food is brought to local charities as well.

St. Francis Xavier Day was coupled with the Mike Dea Classic Basketball tournament more than 25 years ago, and still continues as a combined celebration to this day. This joint event has provided the school a special way to share its Catholic identity with the community and visiting teams. Alumni come back to celebrate the day and join the tournament for years to come.

St. Francis Xavier believes that the community of our school is the most important quality in building character for our students. It is a blessed day with our school and community building into a fun weekend of basketball, faith, and sportsmanship.

ST. FRANCIS XAVIER DAY



BRAIDED JOURNEYS



Braided Journeys programming is intended to support First Nations, Métis and Inuit youth to become leaders of character, vision and action. Braided Journeys youth are provided multi-component, culturally-based programs that challenge their creativity, build on their skill set, and increase their support network. In addition, youth have the opportunity to develop citizenship skills, thus enhancing self-esteem and confidence. Participants also gain skills from a variety of cultural and leadership activities.

Our Braided Journeys Graduation Coach provides consistent guidance to youth as they make important educational and career decisions. Students connect with the Indigenous community through cultural and educational activities and have regular access to tutoring sessions and academic supports, as well as access to post-secondary information and scholarship opportunities.



@stfx braided journeys





Counsellor

Educational Planning

Personal/Social Counselling

Career Planning

Retro Credits

Graduation Coach

Verifying Graduation Requirements

Academic Interventions

High School Completion

Instructional Coach

Academic Supports

Inclusive Supports

Special Needs Coding

Accommodations

EAL (English As An Additional Language) Designate

Braided Journeys Grad Coach

Off-Campus Coordinators

Work Experience

Registered Apprentice Program

WIN Teacher

Additional Support:

Chaplain

School Resource Officer (SRO)

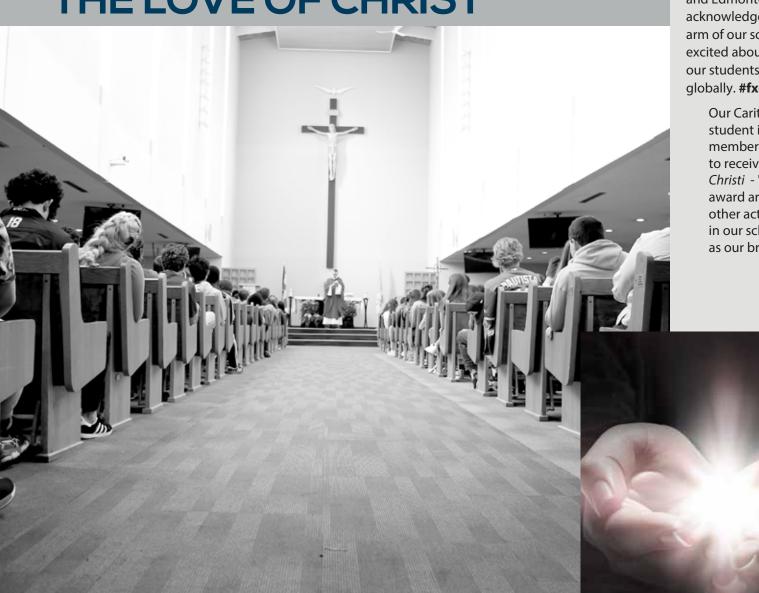
Family School Liaison Worker (FSLW)

For more details about each position visit: http://www.ecsd.net/8405/page/4638/school-information

LEARNING SUPPORT SERVICES



CARITAS CHRISTI – "THE LOVE OF CHRIST"



St. Francis Xavier has a proud tradition of giving back to the community. We have raised hundreds of thousands of dollars for charities; one of our proudest endeavors is the annual FX Bike-a-Thon which raises funds for the Sign of Hope and Edmonton Catholic Schools Foundation. We acknowledge the FX ROCKS committee that is the arm of our social justice projects, and we are excited about new school initiatives that will have our students focus on needs both locally and globally. #fxcaritaschristi

Our Caritas Christi Award is given out quarterly to a student in each grade, as well as to one staff member. Students and staff can nominate someone to receive the award based on the Latin term *caritas Christi* - "The Love of Christ". Nominees of this award are based on their kindness, generosity or other actions that bring the love of Christ to others in our school. Winners can receive ST FX gear, such as our branded bucket hats.

Religion courses offer the opportunity to study our faith as it guides us in our daily living. Every student enrolled in a religion course is also required to volunteer a minimum of ten hours to a charitable cause. Our religion courses also provide students with the opportunity to attend retreats and examine their faith while exploring their relationship with God.

COURSES OFFERED

Religious Studies 15

Religious Studies 25

Religious Studies 35

Religions of the World 35

These Religion courses have no prerequisites and can be taken in any order.

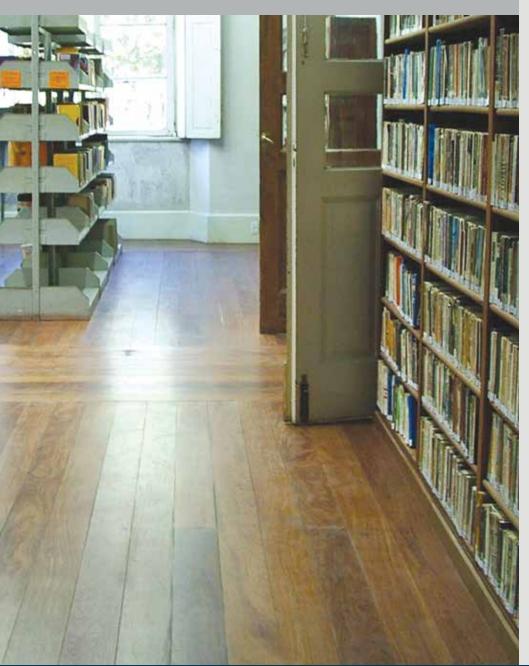
DID YOU KNOW?

In order to participate in the Grade 12 graduation commencement ceremonies, a student must complete nine credits in Religious Studies.

Religious Studies 35 and Religions of the World 35 courses can be used together for applications to MacEwan University.



ENGLISH



There are two basic aims of senior high school English Language Arts. One aim is to encourage, in students, an understanding and appreciation of the significance and artistry of literature. A second aim is to enable each student to understand and appreciate language and to use it confidently and competently for communication, personal satisfaction and learning. An appreciation of literature and an ability to use language effectively enhances students' opportunities to become responsible, contributing citizens and lifelong learners while experiencing success and fulfillment in life.

COURSES OFFERED

GRADE 10

English 10-1

English 10-2

English 10-1 AP

GRADE 11

English 20-1

English 20-2

English 20-1 AP

GRADE 12

English 30-1

English 30-2

English 30-1 AP

Courses for English Language Learners:

EAL Expository English Level 1

EAL Expository English Level 2

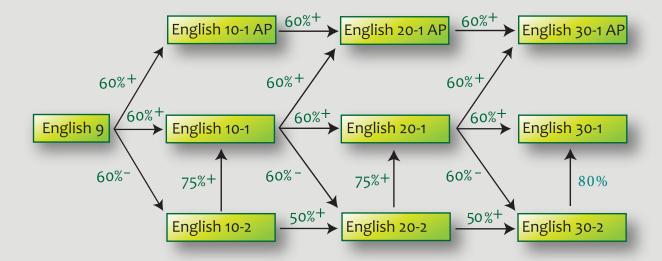
The Senior High School English Language Arts Program of Studies has been revised by Alberta Learning to reflect more appropriate understandings and beliefs concerning student learning and the English Language Arts. The two level courses are differentiated by standard.

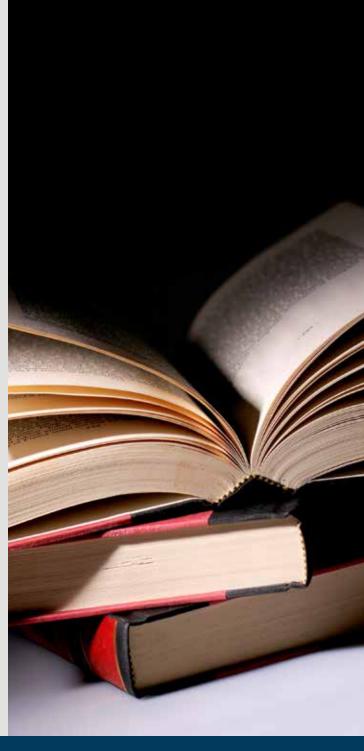
DID YOU KNOW?

Completion of a 30 level English course is a graduation requirement in the province of Alberta.

ENGLISH LANGUAGE ARTS 30-1 UNIVERSITY ENTRANCE

ELA 10-1 is intended for students who have demonstrated strengths in their use of language and their understanding of print and non-print texts. Students who achieve 60% or greater in Grade 9 Language Arts and who intend to pursue post-secondary education are encouraged to enrol in ELA 10-1. A mark of 60% at mid-term must be maintained in order to continue with the program. Students who achieve a final mark of 60% or over may choose to proceed to the next level in the AP Program.





SOCIAL STUDIES



Social Studies provides opportunities for students to develop the attitudes, skills, and knowledge that will enable them to become engaged, active, informed, and responsible citizens. It is an issues-focused and inquiry-based interdisciplinary subject that draws upon history, geography, ecology, economics, law, philosophy, political science, and other social science disciplines. It fosters students' understanding of, and involvement in, practical and ethical issues that face their communities and humankind. Ultimately, Social Studies is integral to the process of enabling students to develop an understanding of who they are, what they want to become, and how to improve the society they want to live in.



COURSES OFFERED

GRADE 10

Social Studies 10-1 Social Studies 10-2

Social Studies 10-1 Honours

GRADE 11

Social Studies 20-1

Social Studies 20-2

Social Studies 20-1 Honours

GRADE 12

Social Studies 30-1

Social Studies 30-2

Social Studies 30-1 Honours

Courses for English Language Learners:

Canadian Studies 15
Canadian Studies 25

INDIGENOUS STUDIES

Students can also take Indigenous Studies 10/20/30, a stream that can often be used for post-secondary entrance in place of Social 30-1. Indigenous Studies is a 5 credit course offered in Grade 10/11/12. Social Studies is still a graduation requirement for a high school diploma. Indigenous Studies explores the wealth and diverse nature of Indigenous languages and cultures. Students examine how Indigenous people are striving towards maintaining and promoting cultures and identities that reflect values based on respect of the laws of nature and balance.

To accommodate the wide array of student needs, the Social Studies curriculum is divided into two main streams:

STRAND1(-1)

For students pursuing careers that will emphasize history, geography, ecology, economics, law, philosophy, political science and/or other social science disciplines. This stream (-1) requires very strong reading and writing skills and will require the students to be ready for challenging essay writing, challenging readings, and challenging source analysis that requires high level critical thinking skills. Areas in the field of science, technology, engineering and other technical programs do not require a -1 completion for admission.

STRAND 2 (-2)

For students pursuing careers that will not focus on the disciplines noted in the -1 stream.

Note: To receive a high school diploma, students must complete either Social 30-1 or 30-2. Either streams (-1 or -2) can be used towards achieving a Rutherford Scholarship.

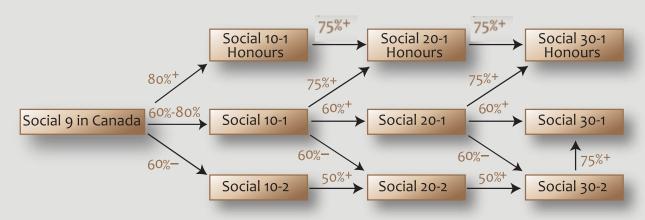
AUXILIARY PROGRAMS

SOCIAL STUDIES HONOURS PROGRAM

The Honours program is differentiated by an advanced level of critical analysis; it is for students who are passionate about the social sciences. Ultimately, it seeks to augment the regular curriculum and challenge students without increasing the difficulty of assessment.

CANADIAN STUDIES PROGRAM

The Canadian Studies course has been designed to meet the needs of English Language Learners in Grades 10 and 11, who have recently arrived in Canada and need to develop their language knowledge of Canada before participating in the Social Studies 10 curriculum. To be enrolled in Canadian Studies, a student must be at a Level 1, 2, or 3 English Language Proficiency.





MATHEMATICS



The goals of all three math course sequences are to provide not only the prerequisite skills and understandings of the concepts of the many fields of study that incorporate mathematics but an appreciation for the beauty and depth of application as well. It is through a wide variety of topics that students develop the mathematical reasoning and critical thinking skills that will ensure success whether they are pursuing further studies or entering directly into the work force.

To accommodate the wide array of student interests and aptitudes, the curriculum is divided into three strands:

STRAND 1 (-1): For careers that will require the study of Calculus.

STRAND 2 (-2): For careers that require high level math skills but do not require Calculus.

STRAND 3 (-3): For careers that require basic math skills

GRADE 12

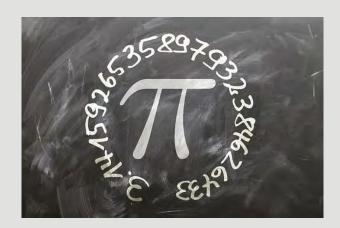
Math 30-1

Math 30-2

Math 30-3

Math 31 (Calculus)

Math 31 AP



The main goals of mathematics education are to prepare students to:

- Solve problems
- Communicate and reason mathematically
- Make connections between mathematics and its applications
- Become mathematically literate

GOALS FOR STUDENTS

- Appreciate and value mathematics
- Make informed decisions as contributors to society

COURSES OFFERED

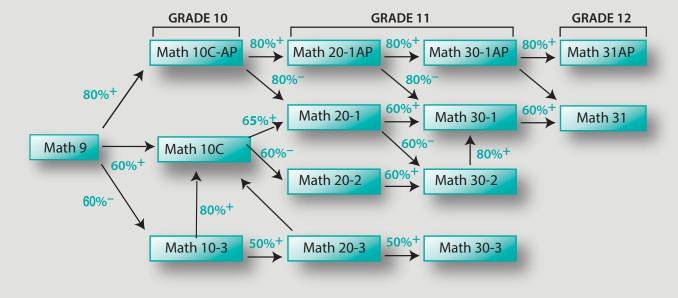
GRADE 10	GRADE 11
Math 10C	Math 20-1 AP / 30-1 AP
Math 10C AP	Math 20-1
Math 10-3	Math 20-2
Math 10-4	Math 20-3
	Math 20-4

Students who have met these goals:

- Gain an understanding and appreciation of the role of mathematics in society
- Exhibit a positive attitude towards mathematics
- Engage and persevere in mathematical reasoning
- Contribute to mathematical discussion
- Take risks in performing mathematical tasks
- Exhibit curiosity about mathematics and situations involving mathematics

COURSE SEQUENCES AND RECOMMENDED GRADES

- A) Interested in trades/technical school
- B) Interested in University/College
- C) Post-Secondary; Non-Calculus route
- D) Post-Secondary; Calculus route
- E) Advanced Calculus route (>80% average)



DID YOU KNOW?

Students with acceptable grades may choose to take a 20 or 30 level course one year ahead. A 20 level course may be taken in their Grade 10 year, or a 30 level course in their Grade 11 year.

BEYOND FX

STRAND 1 [Math 10C, Math 20-1, Math 30-1, Math 31]

Aviation

Engineering

Computer Science

Commerce

Business Management

Sciences

Forestry

Environmental Studies

Kinesiology

Biomedical Tech

Nanotechnology

Chartered Accountant

STRAND 2 [Math 10C, Math 20-2, Math 30-2]

Arts/Fine Arts

Nursing Health Science

Music

Elementary Education

Secondary Education (Non-Math Major)

Psychology

Business Administration

YouthCare

Criminal Justice

Ecotourism

Recreation Sports

Humanities

Law

Animal Health Tech

STRAND 3 [Math 10-3, Math 20-3, Math 30-3]

Aircraft Maintenance

Autobody/Automotive Services

Baking and Pastry Arts

Machinist

Retail/Sales

Realtor

Beauty/Esthetics

Carpentry/Construction

Trades/Apprenticeship

SCIENCE





In the senior high science programs, students focus on learning the big interconnecting ideas and principles. These ideas, or major themes, originate from science knowledge that transcends and unifies the natural science disciplines. These themes include change, diversity, energy, equilibrium, matter and systems; the process by which scientific knowledge is developed, including the role of experimental evidence; and the connections among science, technology and society.

WHAT DO WE OFFER?

At St. Francis Xavier Catholic High School we offer a large variety of science courses to meet the diverse needs of our students. In addition to the core disciplines of physics, chemistry and biology, we also offer Science 20 and 30, Advanced Placement courses in physics, chemistry and biology, and computer programming in conjunction with the CTS department.

Science 20 and 30 are designed for students who don't wish to proceed in the sciences in post-secondary, but need a science course for entrance into a faculty like Education or Arts.

The Advanced Placement curriculum provides students with the same content that is provided in the first year of university and is recommended for students who show a strong interest in the subject area and are self-motivated learners.

The computer programming courses offered in conjunction with the CTS department prepares students for their first year of university in the science or engineering faculties where an introductory computer programming course is required.

COURSES OFFERED:

GRADE 10

Science 10 Science 14 Science 10 AP

GRADE 11

Science 20 Science 24 Biology 20 Biology 20 AP Chemistry 20 Chemistry 20 AP Physics 20 Physics 20 AP

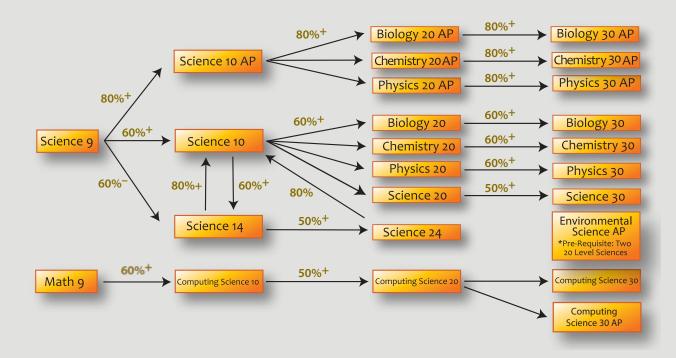
GRADE 12

Science 30 Biology 30 Biology 30 AP Chemistry 30 Chemistry 30 AP Physics 30 Physics 30 AP

The intent of each science course is to assist students in attaining the scientific awareness required to function in a modern world. Students learn to better understand themselves and the environment in which they live. In addition, they acquire the necessary knowledge and skills to continue in science related studies and pursue careers in science.

MAJOR THEMES

All senior high science courses are developed around several major themes. These themes are: change, diversity, energy, equilibrium, matter and systems, the scientific process, and the interrelationship of science, technology and society.





Students with acceptable grades may choose to take a 20 or 30 level course one year ahead. A 20 level course may be taken in their Grade 10 year, or a 30 level course in their Grade 11 year.

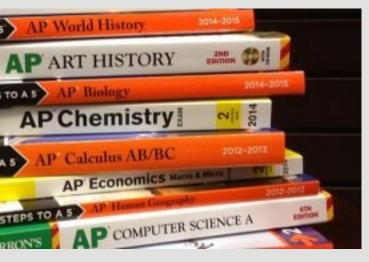
FOOTNOTES

Biology 20, Chemistry 20, Physics 20 marks must be 60% or higher to move to Science 30





ADVANCED PLACEMENT



TAKING YOUR ACADEMICS TO THE NEXT LEVEL

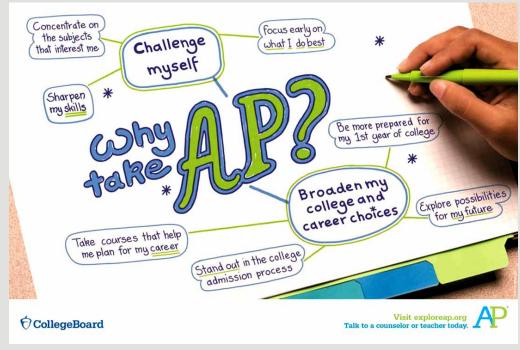
The Advanced Placement (AP) Program is designed to provide motivated high school students with postsecondary level academic courses, in the comforts of a high school environment. By participating in the AP program, students gain the skills and pre-requisite knowledge needed to succeed in a post-secondary, undergraduate environment. In addition, based upon performance on AP exams, students can earn credit, advanced placement, or both for postsecondary courses prior to entering the institution.

For the 2025-26 school year, St. Francis Xavier will be offering advanced placement courses in the following areas: AP Seminar (Capstone), AP English Literature and Composition, AP Calculus AB, AP Physics 1 and 2, AP Chemistry, AP Biology, and AP Computing Science.

In addition, students may also take advantage of non-traditional Advanced Placement opportunities; these include completing AP Environmental Science, AP Statistics, AP European History, AP Psychology, and AP Art History through online learning with access to AP teachers through Modular Distance Learning (MDL).



Students may also challenge a series of AP exams for credit and/or Advanced Placement; these exams include: Music Theory, French Language and Culture, Spanish Language and Culture, Italian Language and Culture, Japanese Language and Culture, and Chinese Language and Culture.



ADMISSION PROCEDURES

JUNIOR HIGH REGISTRATION

In March, Grade 9 students should make a final decision on what school they plan to attend and discuss course selections with parents, teachers and school administration.

Academic Placement will be based on most recent report card or progress report and take into consideration programming to generate a positive high school completion.

Use the worksheet at the end of the Handbook to assist with your selections. (Note: All Grade 10 students have a full course load)

REGISTRATION FOR STUDENTS ATTENDING EDMONTON CATHOLIC JUNIOR HIGH SCHOOL FEEDER SCHOOL TO ST. FRANCIS XAVIER

You will confirm your next-year school intention in your Power School Parent Portal. Look for the School Engage icon.

REGISTRATION FOR STUDENTS OUTSIDE OF EDMONTON CATHOLIC SCHOOL DIVISION

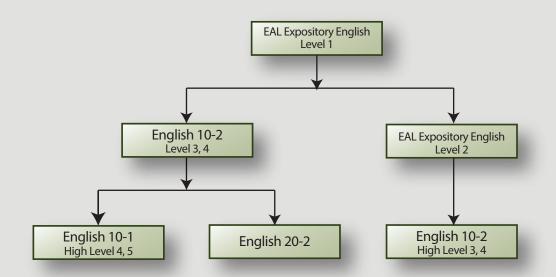
- 1) Complete the registration form online at www.stfx.com by creating a SchoolEngage account.
- Make sure to attach (digital copies) the required student documents as outlined in the registration form
 - a. Most recent report card/grades
 - b. Proof of current residency
 - c. Proof of legal name and date of birth (birth certificate)
 - d. Proof of Citizenship (for non-Canadian students this is a study permit and parent permit, or confirmation of Permanent Residency)
- 3) The application will the be reviewed by the school administration, and you will be contacted by phone.

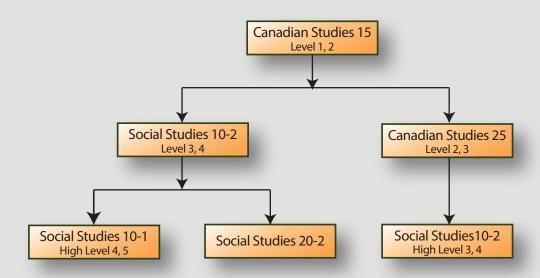
Note: The application is considered incomplete if not all supporting documents are included.

WHAT DO I DO TO COMPLETE MY REGISTRATION AT ST. FRANCIS XAVIER

A meeting with a registration advisor will be scheduled to review academic placement and course selections. St. FX will schedule this meeting, so there is no need to call the school.

ENGLISH LANGUAGE LEARNERS





At St. Francis Xavier students, who are at a beginner or intermediate level of English acquisition, most often require more experience gaining an understanding of the basics of the English language and of Canada. We offer both ELL Expository English 15/25 and ELL Canadian Studies 15/25 so students are able to obtain a foundational understanding of the English language and the written components required for success in English 10-2 and Social Studies 10-2. Assessments continually evaluate the ELL student's ability to listen, speak, read, and write in English; therefore, students move through the ELL classes based on their level of English, not necessarily their grade.

In addition to the **ELL** courses offered, St. Francis Xavier has an **ELL** Designate who checks in with the students to ensure they are on track and successful in their classes so they graduate in a timely manner (this may take 3-5 years depending on the student's ability). Should any non-educational obstacles stand in the student's way, the **ELL** Designate will refer the student to FX's Learning Support Services team for additional assistance.

Please email alena.pavone@ecsd.net





COURSES OFFERED

GRADE 10

Art 10 (3 and 5 credit)

GRADE 11

Art 20 (5 credit)

GRADE 12

Art 30 (5 credit)

You must have the grade level prerequisite in order to take the higher level Art classes

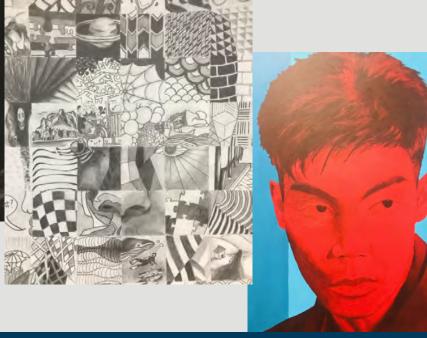
DID YOU KNOW?

Post secondary institutions often accept Art 30 to fulfill registration requirements for certain program applications.

ART

Art education deals with ways in which people





DRAMA



Students learn the basic of theatre arts by exploring a character through different activities like pantomime, improvisation, and effective speaking. Drama is both an art form and a medium for learning and teaching. It fosters positive group interaction as students make changes to pursue shared goals. As students progress through the dramatic forms of expression in high school, more emphasis is placed on the development of the individual as creator, performer, historian, critic and patron.

Advanced acting and musical theater are also available through cocurricular work.

COURSES OFFERED

GRADE 10

GRADE 11

GRADE 12

Drama 10

Drama 20

Drama 30

DID YOU KNOW?

Drama 10 and Drama 20 are offered as both three and five credit courses. Drama 30 is offered only as a five credit course.

Most actors start their careers by appearing in amateur theatre and school productions or working with community theatre groups.

You must have the grade level prerequisite in order to take the higher level Drama classes

MUSICAL THEATER OR ADVANCED ACTING

Each year the FX Drama Club puts on a theatre production. Through hard work and dedication you can earn either Musical Theater 15, 25 or 35, or Advanced Acting 15, 25 or 35 depending on which type of production we perform. The development of musical skills, knowledge and perception contributes to the total development of the individual. Music is accessible to all, and as students become sensitive to its expressive elements, they may develop insight into human feelings.

COURSES OFFERED

GRADE 10

Instrumental Music 10 Guitar (General Music) 10

GRADE 11

Instrument Music 20 Guitar (General Music) 20

GRADE 12

Instrumental Music 30 Guitar (General Music) 30

You must have the grade level prerequisite in order to take the higher level Music classes

INSTRUMENTAL MUSIC 10/20/30

The Instrumental Music Program is designed as a sequential and developmental approach to music instruction. Junior high band experience is an asset, though beginners may join the class provided there is a demonstrated commitment to practice outside of class time. This program is open to all students and involves instruction using a range of woodwind, brass, and percussion instruments.

GUITAR (GENERAL MUSIC) 10/20/30

This course will teach students to read music, to play chords, to develop an understanding of musical theory, elements and structures, music making, improvisation, and popular music styles with special emphasis on the guitar. This course is aimed at the novice player but students with some experience are welcome. Students will be required to have their own instrument to take the course. Steel string acoustic guitars are acceptable - no classical guitars.





LANGUAGES







French and Spanish are offered at FX as they are two of the most widely used languages both in Canada and globally. The French as a second language (FSL) courses and the Spanish Language and Culture courses offer students important cultural, linguistic and career development opportunities. FX encourages and supports such opportunities by making available French and Spanish courses. Our languages program also hosts a school-wide multicultural day.

COURSES OFFERED

GRADE 10 GRADE 11 GRADE 12

French $10 - 9Y \longrightarrow$ French $20 - 9Y \longrightarrow$ French 30 - 9YSpanish $10 - 3Y \longrightarrow$ Spanish $20 - 3Y \longrightarrow$ Spanish 30 - 3Y

French is a 9 year program, where students have been enrolled in French as a Second Language since Grade 4.

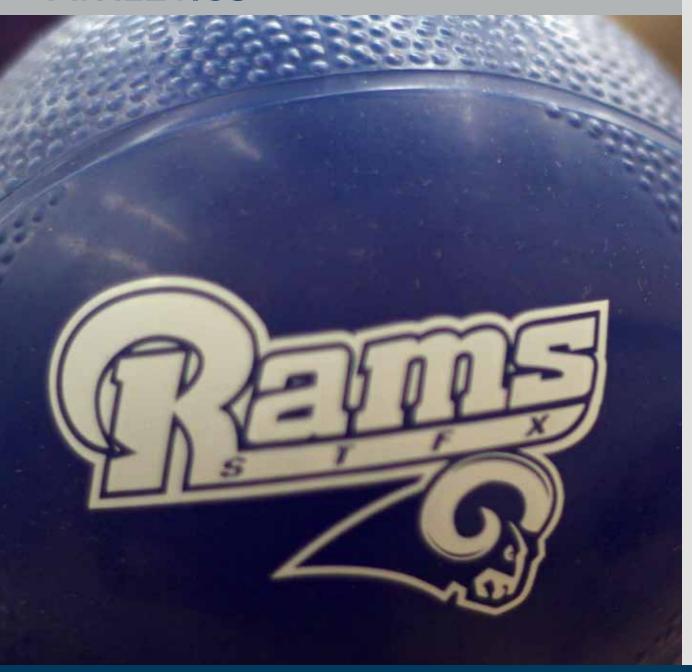
Spanish is a 3 year program where students begin their journey learning Spanish in Grade 10. No previous Spanish experience is needed.

Second language challenge exams are offered with Edmonton Catholic Schools for native and immersion speakers in the following languages: French, Spanish, Polish, Italian, and Filipino. Contact the languages coordinator for more details.

DID YOU KNOW?

Social media specialist is an emerging occupation. In general, social media specialists create and manage an organization's public profile on social networking websites and use interactive technology build online communities. A second language would be a tremendous asset in this field of work.

ATHLETICS



As part of the Edmonton Metro Athletic Association, The St. Francis Xavier Rams compete at a high level in a variety of sports. Teachers and coaches at FX use a flex model to accommodate student athletes during their competition season. FX is unique because we have an extremely high majority of teacher coaches who understand the importance of the academic component of what it means to be a student athlete. We are one of the only Edmonton Catholic Schools to employ a full time fitness trainer to work with our students individually as well as our sports teams.







Basketball Soccer **Cross Country** Curling Flag Football **Football**

Golf Track and Rugby **Field Swimming Badminton** Volleyball

Wrestling

(offered in conjunction with JP)

PHYSICAL EDUCATION



Physical Education promotes active living and leading a healthy lifestyle. The goals of Physical Education are to promote individual fitness, development of motor skills, and to promote positive personal attributes and interpersonal skills.

Highlights of the Physical Education Program includes off campus trips such as velodrome, river valley cycling, camping, golfing, scuba diving, rock climbing, bowling and much more.

Exercise is an extremely powerful tool to optimize brain function and has a profound impact on cognitive abilities and academic. Research has shown an active healthy lifestyle has an extremely positive effect on mental health and wellness.

COURSES OFFERED

(Separate gender 5 credit class)

GRADE 10

Physical Education 10

GRADE 11

Physical Education 20

GRADE 12

Physical Education 30

DID YOU KNOW?

Physical Education 10 is a required course in Alberta for a high school diploma. Also, Physical Education can be used for Rutherford Scholarship and P.E. 30 can be used to apply to some university programs.

FITNESS AND WELLNESS 10

Fitness and Wellness 10 is a new all-gender option to allow students to complete both 3 credits of Physical Education 10 and 3 credits of Career And Life Management (CALM).

Physical Education (PE) 10 develops the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. CALM explores various steps of personal development and equips you with the necessary skills to make healthy, well-informed decisions and choices throughout your life.

Completing Fitness and Wellness 10 would fulfill the two high school diploma requirements of PE 10 and CALM.



ACADEMIES



St. Francis Xavier is unique as we are the only school in Canada to provide students an opportunity to participate in one of five sport academies while fulfilling academic course requirements. We have Sport Academies in Baseball/ Softball, Golf, Hockey, and Soccer. While student athletes continue to develop their passion and skill proficiency in one of these sporting activities, they also earn credits for Sports Performance (CTS modules) and Physical Education. We provide flexible timetabling and work hard to accommodate course selections and individual timetable requirements centered on each participant's academy program. Students have come from as far away as Australia and Israel to participate in our sport academies.

For any inquiries regarding Sport Academies, please visit our website at stfx.com.

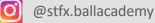




BASEBALL ACADEMY

The Baseball/Softball Academy has operated at St. FX since 2005.
Student-athletes have the opportunity to train 5 days a week throughout the year. Training in pitching, hitting, fielding, catching, agility, and strength training take place year-round. After-school sessions, fall exhibition games, and spring tournaments are also offered outside of regular classes.

The coaching staff offers a blend of experience at the professional, international, national, and provincial levels. Being a school-based program, we are also able to offer the lowest fees of any of the academies in Alberta.







GOLF ACADEMY

The Golf Academy enables students the opportunity to increase skill proficiency in the game of golf. Students are trained by professionally certified golf instructors, with membership privileges at three of the most highly regarded private golf courses in the country.







The motto of our Hockey Academy is Shooting for Excellence. It is designed not only to increase one's potential in the sport of hockey, but also to promote skills related to academic success such as time management and study habits. Our coaching staff have experience at the highest levels of the game and work with athletes to maximize their abilities in all aspects of the sport. Our Hockey Academy is the longest running Sports Academy in our division.

We have three different levels of hockey academy, including a High Performance Hockey Academy.







SOCCER ACADEMY

Since its inception in 1998, the St. Francis Xavier Soccer Academy continues to excel at training serious students combining athletics and academics with the opportunity to train in a competitive year long program. The STFX Soccer Academy deals with the technical development of high performance playing with particular emphasis on tactical understanding (decision making) through game situation training methods. Our FIFA regulated curriculum is presented by certified professional coaches who have experience at the National, Provincial and Professional levels training students to achieve a higher level of learning and post secondary playing opportunities.





BEYOND FX

Acupuncturist Athletic Therapist Chiropractor

Dietitian Emergency Medical Personnel Massage Therapist Occupational Therapist

Pediatrician Registered Nurse Sport Medicine Physician



Sports Performance 15

This course is intended to provide knowledge, skills, & attributes to those students with a passion for health, fitness & athletics. Students taking this course may wish to gain practical & theoretical knowledge in the areas of training/performance, nutrition, & overall health/wellness. This course is ideal for students looking to pursue a career in the health & wellness or fitness & athletics field. The following modules will be completed for credit:

REC 1040 - Foundations of Training 1: Apply basic training and movement principles to components of fitness training.

REC 1045 - Group Exercise Trends: describe trends in group fitness, participate in a variety of group fitness opportunities and apply training and movement principles to analyze the viability of fitness trends.

HSS 1020 - Nutrition and Wellness: Students learn the importance of nutrition and hydration for the promotion and maintenance of physical, emotional and social health and wellness throughout life.



Sports Performance 25

Builds on the knowledge, sills, & attributes taught in Sports Performance 15. The objective of the course is to introduce skills required to develop & enhance athletic performance. Through a combination of theoretical and practical lessons, students will learn essential skills in fitness, nutrition, training principles, health, and wellness. Students will use a variety of training methods to increase athletic performance and must be highly motivated to resistance train multiple times per week in a fitness center setting. It is not recommended that students take this course during the same semester as Physical Education.

The following modules will be completed for credit:

REC 2010 - Nutrition for Recreational Activities and Sport: Explains the role of food and hydration in helping individuals achieve optimal physical performance for recreational physical activities and sport. Students learn to plan effectively for nutrition and hydration related to a variety of recreational activities and athletic events.

REC 2015 - Athletic Development: Examines the Long-Term Athlete Development model and related principles of athletic skill development.

REC 2040 - Foundations of Training 2: Demonstrates training and movement principles related to muscular and cardiovascular development as well as the development of speed, agility, quickness and flexibility. Students apply safe practices when leading and participating in training exercises and activities.

Sports Medicine

This course will be of interest to students who are both athletes and/or aspire to work in the health care profession. Practical knowledge and skills are addressed through various topics including nutrition, injury management, health and wellness, sport psychology, basic anatomy and physiology and care of the musculoskeletal system. This course is a stepping stone to a number of certifications at the next level. Sports Medicine is one of the only high school courses where students study the human muscular and skeletal systems. This is a huge advantage to those students who are planning to pursue a career in the medical or sports related fields.



COURSES OFFERED

SPORTS MED 10

Health Services Foundations Sport Psychology 1 First Aid/CPR with AED certification Musculoskeletal System Injury Management 1 Technical Foundations for Injury Management

SPORTS MED 20

Nutrition for Recreation and Sport Sport Psychology 2 Foundations of Training 1 Foundations of Training 2 Injury Management 2 Anatomy of Joints

SPORTS MED 30

Sport Psychology 3 Sport and Society REC Project Injury Management 3 Human Movement Studies

SPORTS MEDICINE



DID YOU KNOW?

At the end of the third year of Sports Medicine, the program will culminate with an Alberta Athletic Therapy Certificate for Foundations of Athletic Therapy (AATA). Advanced courses in Injury Management, Human Movement, and Sport Psychology are partnered with an opportunity to become a mentee, while participating in an advanced practicum with an external organization.

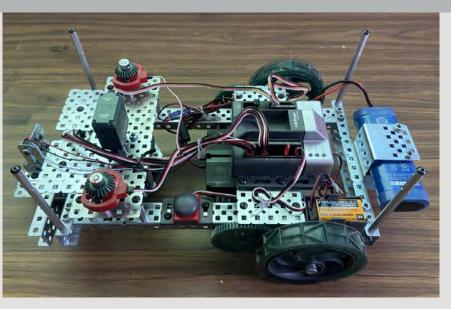
CALM

In CALM, students continue to work toward becoming "responsible, caring, creative, self-reliant and contributing members of a knowledge-based and prosperous society."

The aim of senior high school Career and Life Management (CALM) is to enable students to make well-informed, conscientious decisions and choices in all aspects of their lives and to develop behaviours and attitudes that contribute to the well-being and respect of self and others, now and in the future. CALM is the core course for health literacy at the senior high school level in Alberta.

Health literacy is the capacity to access, interpret and apply health information and services to make healthy choices. The CALM course works to develop health literacy, which includes the key components of critical thinking, effective communication, self-directed learning and responsible citizenship.

ELECTRO-TECHNOLOGIES (ROBOTICS)



Robotics at St. Francis Xavier is a new course which will allow students to learn about automation and electro-assembly. This 2-part class starts by teaching students the basics of soldering circuits, building electromagnets and how sensors work. Using these skills students build and code autonomous robots using Micro:Bits and Vex Robotics. At the next level students build electric motors and remote-controlled robots with Vex Robotic. Students will also be given the opportunities to construct a robotic system of their own design. Concluding this course student will learn about Advanced Vison Systems and their applications to automation.

COURSES OFFERED

Electro-Technologies 10

ELT 1010: Electro-Assembly 1 ELT 1140: Robotics Applications

ELT 2140: Robotics 2

ELT 2160: Robotics Sensor 1 ELT 2170:

Robotics Sensor 2

Electro-Technologies 20

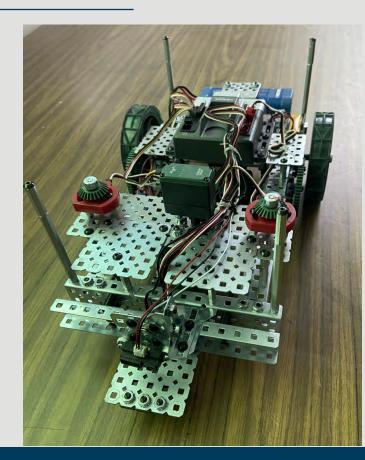
ELT 3140: Motors ELT 3150: Robotics 3

ELT 3180: Robotics Vision Systems

ELT 3910: ELT Project D ELT 3920: ELT Project E

BEYOND FX

Engineer - Design, Software, Hardware Programmer Gamer Project manager User Experience Designer Data Scientist Robot Technician Robot Scientist



Computer Science at St. Francis Xavier is a program with a focus on coding and coding perspective. Throughout each course, students build on their knowledge of different coding languages through projects involving manipulation of both software and hardware. Students also will learn about the evolution of computers as well as moral and ethical issues arising in the industry.

At the 10 level students learn the basics of coding with languages MakeCode and Small Basics. At the 20 level students transfer their knowledge into a choice of 3 languages: Java, Python, or C#. Students continue to build on their desired language at the 30 level. Note: Python is recommended for robotics, C# is required for game design using Unity, Java is recommended for AP Computer Science.

Computer Science courses are designed for students who plan to enroll in the faculties of science, engineering, or information technology at a university or college. Computer Science is an academic course and a minimum of 65% in Grade 9 math is highly recommended.

Computer Science 30AP offers students an enhanced curriculum and can take the place of a first year university programming course.



COURSES OFFERED

Computer Science 10:

CSE 1010: Computer Science 1

CSE 1110: Structured Programming 1

CSE 1120: Structured Programming 2

CSE 2110: Procedural Programming 1

CSE 2120: Data Structures 1

Computer Science 20:

CSE 2010: Computer Science 2

CSE 2130: File and File Structures 1

CSE 2140: Second Language Programming 1

CSE 3140: Second Language Programming 2

CSE 3910: CSE Project D

Computer Science 30:

CSE 3010: Computer Science 3

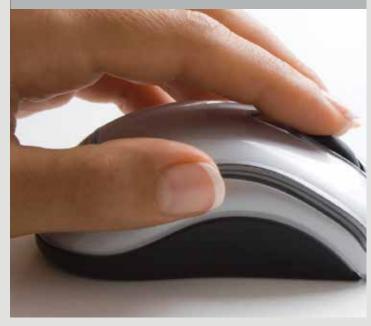
CSE 3120: Object-Oriented Programming 1

CSE 3130: Object-Oriented Programming 2

CSE 3110: Iterative Algorithm 1

CSE 3920: CSE Project E

COMPUTER SCIENCE



DID YOU KNOW

You can use Computer Science 30 for an entrance mark to the University of Alberta in place of Physics 30, Chemistry 30, or Biology 30 for certain programs.

BEYOND FX

Computer Engineer

Computer Network Administrator

Computer Programmer

Database Analyst

Information Systems Consultant

Interactive Media Programmer

Software Engineer

Systems Security Analyst

Web Designer

Web Technician

INDUSTRIAL ARTS (Construction & Fabrication)



This course is an introduction to safety, tool, and machine use in industrial shops. The course revolves around metal fabrication, welding and wood construction. The focus of metal fabrication is the exploration of the natural qualities and uses of metal in our daily life. Useful projects such as decorative boxes and fold out tables are constructed as well as machine maintenance and safety. Students are challenged in welding fabrication when they are introduced to new techniques and styles. Wood work becomes more elaborate. Projects involving wood joints and more precise "fit up" are learned. Creating a personal inventory and fine tuning ones set of marketable skills is a highlight of this course. Correct tool choice, problem solving, planning and construction mastery are highlighted through the course.

BEYOND FX

Cabinetmaker
Concrete Finisher
Construction Estimator
Floorcovering Installer Gasfitter
Home Inspector
Industrial Construction Crew
Ironworker Plumber Roofer
Safety Codes Officer Scaffold Erector
Sheet Metal Worker
Solar Installer
Steamfitter-Pipefitter Water Well
Driller Welder

COURSES OFFERED

Industrial Arts 10 (3 & 5 Credits)
Construction Tools and
Materials Project
Management
Wood Turning Operations
Semi-Automated Welding
Fabrication Tools and
Materials Basic Electric
Welding
Oxy acetylene Welding
Building Construction

Industrial Arts 20 (5 Credits)
Furniture Making
Finishing and Refinishing
Oxyfuel Welding Gas
Metal Arc Welding Arc
Welding Custom
Fabrication

Industrial Arts 30 (5 Credits)
Gas Tungsten Welding
Arc Welding (higher level)
Furniture Repair
Tool Maintenance
Furniture Making



DESIGN STUDIES



Are you interested in 3D animation, such as what is done in films or games? Are you interested designing posters, logos and print media, combining your artistic side and computers? Are you interested in a trade, but like to work with computers as well? Does the idea of designing buildings or architecture interest you? Design Studies allows for students to focus in any of these areas. Students in this course create short computer animations, print media, work hands on with creating projects and have the opportunity to use a wide format printer or computer controlled router (CNC). Students who are interested in being an animator, using their artistic ability in a computer based setting, interior designer, landscape design, graphic artist, CNC operator architect or engineer should consider this program.

BEYOND FX

Animator
Architect
Cartoonist
Civil Engineer
Drafting Technician
Environmental Engineer
Exhibit Designer
Graphic Designer
Interior Designer
Landscape Architect
Mechanical Engineer
Telecommunications Technologist
Visual Merchandiser

COURSES OFFERED

Design Studies 10

Sketch, Draw, & Model
The Design Process
2-D Design
3-D Design
Computer Assisted Drafting
Technical Design & Drafting

Design Studies 20

2-D Design Applications
3-D Design Applications
CAD Applications
Drafting/Design Applications
Technical Drawing

Design Studies 30

Students Focus on an area of interest. This may include: 2D Design, 3D Design, CAD, Technical Drafting, Architectural, Engineering, Interior Design, Landscape Design or Modelling

ST. FX also offers Dual Credit in Design Studies with Alberta University of the Arts. www.auarts.ca

DID YOU KNOW?

Over 11,200 Albertans are employed in the Computer Programmers and Interactive Media Developers occupational group.

FOOD STUDIES



Food Studies at the high school level comprises an in-depth focus on all aspects of food and the relationship of food to health, values and lifestyles. Food Studies will enable students to examine the significance of food as related to physiological, sociological and psychological satisfactions in their daily lives. Chemical and physical properties and factors affecting changes in these properties are studied as well as the production and consumption of food. Practical experiences encourage the development of consumer, management, and decision-making skills.

Some quotations from past students about foods class:

"Foods class is fun. I get to work alongside my friends."

"We have a lot of opportunity to cook really good food."

"Before I came to this class, my cooking skills were very limited. Now I know how to select the right foods and the right combinations to make a delicious, nutritious and tasty meal."



COURSES OFFERED

FOODS 10 (3 and 5 credit)

Food basics
Food and Nutrition basics
Vegetables and Fruits
Grains, Legumes, Nuts and Seeds
Milk Products and Eggs
Basic Meat Cookery

FOODS 20 (5 credit)

Bread Products Creative Cold Foods Fish and Poultry International Cuisine Food Decisions and Health

FOODS 30 (5 credit)

Food for the Life Cycle Advanced Soups and Sauces Advanced Meats Entertaining with Food Food Processing Regional Cuisine

BEYOND FX



Baker
Chef
Cook
Dietitian
Food and Beverage Services
Food and Nutrition Manager
Food Service Supervisor
Meat Cutter
Nanny

This course is an introduction to the world of business, with a specific focus on finance and entrepreneurship. Students begin with an overview of the banking system, money and budgeting, and accounting principles. Students examine and begin to recognize possible business opportunities in their daily life. As students venture through the process of planning a business opportunity they will develop skills to recognize risk, strategies, and resources available to them.

By working as a team and developing leadership, students are asked to assess their business venture and critique with their classmates.

COURSES OFFERED

BUSINESS 10

Personal Financial Information Enterprise and Innovation

Elements of a Venture Plan

BUSINESS 20/30 (Grade 11 and 12)

Marketing and Management Marketing and Venture

Promotion – Print Advertisement Promotion and Sales Techniques Setting up a Retail Store

Promotion and Broadcast Advertising

BEYOND FX

Accountant

Advertising Account Executive

Banking/Investment Manager

Financial Planner

Insurance Agent/Broker

Management Consultant

Mediator

Personal Property and Equipment Appraiser

Property Manager

Purchasing Agent

Real Estate Appraiser

Recreation and Sport Administrator

Retail Store Manager

Special Event Co-ordinator

DID YOU KNOW?

Investment advisors work in the securities industry for investment and stock brokerage firms. Some of the larger investment firms hire summer students which provides excellent experience.

BUSINESS



FILM STUDIES 15

The introductory Film Studies course delves into the world of film and media as powerful forms of artistic expression, offering students a deeper understanding of how these mediums convey meaning, evoke emotions, and reflect cultural narratives. This course serves as a valuable complement to disciplines such as Drama, English, and Communication Technology, enriching students' ability to analyze, critique, and appreciate the role of visual storytelling in both historical and contemporary contexts. Through the exploration of various cinematic techniques, genres, and theoretical approaches, students will gain insights into the creative processes behind film-making and media production, as well as their impact on society and culture.

COMMUNICATION TECHNOLOGIES

In Communication Technologies (Com Tech) students will learn to employ fundamental elements and principles of design for various media. Students develop essential skills in camera use with a focus on basic composition, set-up and examination of exposure. Students will operate a camera to capture images and produce final display proofs. Students learn the technical and creative uses of aperture, shutter speed and ISO, and demonstrate how combinations of the three elements provide a correct exposure within the photographic triangle.



COURSES OFFERED

COM TECH 10

Visual Composition

Media

Audio/Visual Production Photography Introduction Photography Exposure Photography Digital Processing

COM TECH 20/30

Photography Composition, Lenses, Lighting
Photography Communication, Media Impact
Photojournalism
Black and White Digital Techniques Photography Outdoors
Digital Processing

This course is aimed at students who are interested in working in the field of broadcast media. Students will work behind the scenes doing studio/camera work, and in front such, as being a journalist, news anchor, or sports reporter. The students work within a studio setting with modern equipment to produce a broadcast. Students will learn and use various skills and techniques needed for broadcasting: such as technical aspects of production, public speaking, and ethics involved with Television Production.

COURSES OFFERED

MEDIA BROADCASTING 10

Audio/Video

Speaking and Presenting Visual Composition Web Design

Personal Project

MEDIA BROADCASTING 20

Correspondence Client Services AV Preproduction 1 AV Production 1 AV Postproduction 1

MEDIA BROADCASTING 30

AV Preproduction 2
AV Production 2
AV Postproduction 2
Project Management Tools
AV Broadcasting

BEYOND FX

Actor Announcer Casting Director Creative Writer Film Director Lighting Designer Model Photographer Producer Television and Theatre Reporter Social Media Specialist

DID YOU KNOW?

Talent, perseverance, reputation and experience determine how much freelance photographers earn. Some selfemployed photographers earn more than \$200 an hour.

BEYOND FX

Advertising Copywriter Cartoonist Curator Editor Illustrator Interactive Media Programmer Photographer

MEDIA BROADCASTING



RAP PROGRAM

The Registered Apprenticeship Program (RAP) is an apprenticeship program for high school students. Traditionally, apprenticeships in Alberta began after students graduated from high school. However, some students identify their career interests at an earlier age and are ready to get started learning and practicing their future trade while in high school. RAP is an ideal program for these students.

RAP students divide their time between an approved work site and their high school. They take regular courses, such as English, Social Studies, Science and Mathematics in order to earn their Alberta High School Diploma or Certificate of Achievement. RAP students are both full-time students and registered apprentices.

The time a RAP student spends at school and on the work site can be quite flexible. The student, school and employer jointly agree to a suitable schedule. The student might work as a RAP apprentice for a semester, for half of each school day, for one or two days per week, or during summers, holidays and weekends.

A 3-prong approach is used to find students job placements in RAP:

- 1) Students family and friends might be willing to take on the student as an apprentice.
- 2) The Off-Campus Coordinator will reach out to the community to find a placement.
- 3) Careers- The Next Generation organization helps find placements for all RAP students in Alberta.

OFF-CAMPUS EDUCATION

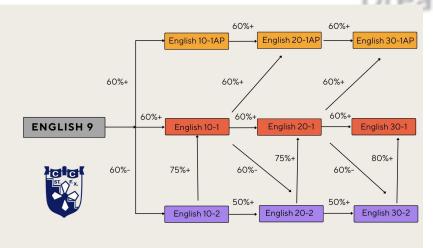


WORK EXPERIENCE

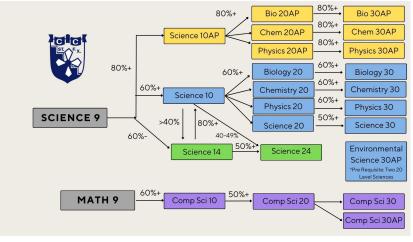
St. Francis Xavier High School encourages students to investigate career opportunities and pursue interests using a 'hands-on' approach. Work Experience is comprised of separate courses for credit that provide learning activities undertaken by a student as part of a planned academic program under the cooperative supervision of a teacher-coordinator and employer.

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Dream.Plan.Succeed.



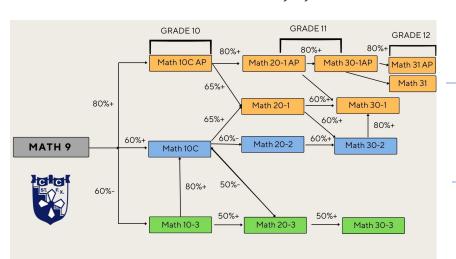




GRADUATION CHECKLIST

- □ 100 credits
- □ English 30-1 or 30-2
- □ Social 30-1 or 30-2
- ☐ Math 20 level
- \square Science 20, Science 24, Biology 20, Chem 20 or Physics 20
- □ CALM
- □ PE 10
- □ Religion (9 credits)
- 10 credits at a 30 level not including English or Social
- \square 10 optional credits (in CTS, Languages, Fine Arts, or PE 20/30)

English: (Current Class)	Current Mark:	Next Course Plan:
Social: (Current Class)	Current Mark:	Next Course Plan:
Math: (Current Class)	Current Mark:	Next Course Plan:
Science: (Current Class)	Current Mark:	Next Course Plan:
Options/Other Science		



Parent Signature

Student Signature

